

FOR IMMEDIATE RELEASE

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SENIORS MORNING OUT CELEBRATES TWO BIRTHDAYS

Hazel Douglas (left), 97, and Essie Reinhardt, 100, recently celebrated their birthdays at Seniors Morning Out at First Presbyterian Church of Newton. The quilts in the background were made by Essie Reinhardt. Also attending were family members, Newton Mayor Anne Stedman, and other participants in the program. Seniors Morning Out is open to any Catawba County resident. It includes activities and a nutritious lunch five mornings a week, except for holidays. The program is free, but pre-registration is required. SMO is offered by Senior Nutrition Services of Catawba County Social Services. In addition to Newton, the program has sites in Claremont, Maiden, East Hickory and West Hickory. For more information about Seniors Morning Out, or other Senior Nutrition Programs, call 828-695-5610 or go to <http://www.catawbacountync.gov/dss/adult/nutrition.asp>.

